



Breakfast and Lunch Menu September 30 to October 4, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Breaded chicken fillet sandwich on a whole wheat bun, waffle fries, tomato slices, shredded lettuce, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, tequeños, fresh fruit, fat-free or low-fat milk.	Shrimp creole with rice, steamed diced carrots and peas, cookie, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese empanada, fresh fruit, fat-free or low-fat milk.	Beef burger on a wholewheat bun, American cheese (grades 9-12), French fries, shredded iceberg lettuce & tomato mixed salad, mustard & ketchup, fresh fruit, fat-free or low-fat milk.
THURSDAY	School closed.	School closed.
FRIDAY	Wholegrain cereal, donut, fresh fruit & 100% apple juice, fat-free or low-fat milk.	Wholewheat cheese pizza, chopped romaine lettuce, iceberg lettuce (grades 9-12) & carrot, radish & cabbage & croutons (grades 9-12) mixed salad, topped with low-fat dressing, 100% orange juice, & fat-free or low-fat milk.

This institution is an equal opportunity provider.